



# Family and MWR Bulletin Board August 2012



PRFTA offers Ballet



Click here to find out more.

Spouses, Veterans,  
Guard, Reservists:  
Need a new career?  
**Employment Readiness  
Workshops**  
2 and 30 August  
[More info](#)

[Dublin Library Comes  
to PRFTA](#)



[Spin Classes](#)  
[At the Fitness Center!](#)



Click here to find out more.

## Recreation Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

## Fitness Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

[CYSS Summer Programs](#)  
[For ALL AGES!!](#)



Keep your Kids  
Busy this  
Summer

Got an RV?  
Looking for a place  
to store it?  
MWR has an RV Lot



Find us on  
**Facebook**

Send us an email:  
[Pao.parks@us.army.mil](mailto:Pao.parks@us.army.mil)

# Reservists, Guard, Military Spouses & Veterans

Do you want a Road Map for your job search?

Do you want to present yourself in a way that gets the  
employers' attention?

Do you want to get yourself into a career that  
satisfies you?



Employment  
Readiness  
Workshops

12 and 26 2012  
1130 – 1230

ACS conference room  
Bldg 312, corner of 9<sup>th</sup> and Davis



Provided by PRFTA Army Community Service  
Call (925) 875- 4678 for more information  
Or just drop into the class



For more info on any Army Community Service Class please call (925) 875-4678



# Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



## FCC is an option of choice for many families:

- ♦ It is conveniently located in the neighborhood.
- ♦ Providers undergo rigorous training and background checks.
- ♦ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ♦ The FCC home ratio group is small with no more than six children in care.
- ♦ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.

[Click to find out more information.](#)



More info on CYSS, SKIES and FCC programs on next page







# Ballet

at PRFTA



## FREE TRIAL CLASS:

Thursday 26 July  
1530-1630  
MWR Fitness Center  
RSVP CYSS: 925-875-4388

A chance to meet the instructor, ask questions, and get a snap shot of what the classes will involve.

## August Schedule:

**Primary Ballet I (5-6 y/o)**  
Fridays 1530-1630  
MWR Fitness Center  
\$55 per student

**Ballet Grade I (7-11 y/o)**  
Fridays 1630-1730  
MWR Fitness Center  
\$55 per student

Ballet for both age groups will focus on traditional barre work and more independent movement. Balance, hopping, skipping, jumping, galloping (basic locomotor movements), age appropriate stretches, basic positions of the feet and arms, the concept of parallel vs. turned out legs and feet, and ballet class etiquette are part of the curriculum. Students learn ballet terminology, the names of composers of classical ballet music, and the stories of famous ballets.

In addition Spotlight Arts Academy of Dance & Music dance program will include: Physical fitness, Gross and fine motor skills, Strength, flexibility and co-ordination, Self-confidence, Self-discipline and responsibility, Social interaction while creating new friendships, Children's artistic and creative minds, An appreciation of music and the arts.



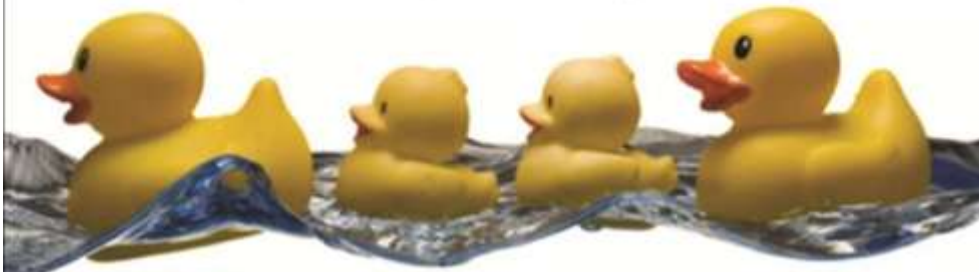
Call CYSS 925-875-4388 for details and to sign up





Child, Youth & School Services Presents

# Parent & Me



Arts  
&  
Crafts

Have some fun with your  
little one!

Friends

Story  
Telling

**1000**  
**9 August 2012**  
**Pinnacle Clubhouse**

Music  
&  
Movement

Fun!

Exploration



## CYSS

### School-Age

# SUMMER CAMPS

Ages 5-11

## 2012

### Community Service Camp

23-27 July 0800-1200

Participants will explore the benefits of Community Service. This is a kick-off for on-going Community Service Projects throughout the year.

**Activities Include:**

- Field Trip to Dublin City Hall
- Field Trip to Parks Police and Fire Dept.
- Special Project with members of VFW.

**\$8-16 per day**

Depending on income  
Includes all supplies and snacks.

To sign-up and for more information call:  
**925-875-4388**

### Sports Camp

30 July- 3 August 0800-1200

Campers will learn about and practice a new sport daily.

**Activities Include:**

- Field Trip to Pleasanton Golf Course
- Soccer Lessons with Bulldog Soccer
  - Badmitten Lessons
  - Martial Arts Lessons

### Digital Arts

13 August-17 August

Participants will learn the skills and art of photography, film, and editing. They will create their own work of art utilizing these skills.

**Activities Include:**

- Storyboarding
- Video Editing
- Field Trip to local News Studio

# Family Trip

For Parks Reserve Forces Training Area Families

**23 AUGUST 2012**  
**CALIFORNIA'S GREAT AMERICA**  
**SANTA CLARA, CA**



Discounted Ticket Price of **\$37** must be received by 26 July.

Children must be registered with CYSS

Meet CYSS Staff at Front Gate to park on day of trip at 1030 to receive your ticket.

## Middle School and Teenagers

# BORED?

Have some fun this Summer with CYSS!

26 & 27 Jun: 4-H Babysitting Course MWR Recreation Center 1300-1600	<b>FREE!</b>	These courses will certify you as a babysitter and with parent permission will make you eligible to be on the CYSS Babysitters List distributed to parents from the CYSS office.
19 Jul: Shadow Cliff's Park 0930-1500 Pleasanton Pick-up at Pinnacle Clubhouse 0930	<b>FREE!</b>	A sandwich lunch will be provided by CYSS. This is a regional swimming area so please remember your swim and sun gear. Water shoes are recommended.
23 Aug: Great America 0930-1500 Santa Clara, CA Pick-up at Pinnacle Clubhouse	<b>\$37</b> Admission and Lunch	California's Great America Theme Park. \$37 admission price will cover park entry and a \$10 lunch voucher. Please remember your sun screen!

**TEEN TIME @ the MWR Recreation Center EVERY TUESDAY 1300-1500. 25 June-21 August**

**Call CYSS**  
**(925)875-4388**  
**For more information**  
**on all activities.**





## WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

## GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

## AMENITIES

Air conditioning, heating unit, satellite TV, DVD player(upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer(in Bldg. 1150 only), iron and ironing board, and much more.

## SORRY, NO PETS

Reservations can be faxed or by phone.

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444

Toll Free: (866)649-8925



## ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

*\*Kitchenettes, cribs, and roll-away beds are available upon request.*

## PRFTA Lodging

1151 12th Street

Dublin, CA 94568

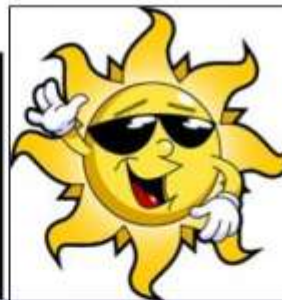
Reservation: (925)803-5326

Fax: (925)803-5444





**Family and MWR  
Recreation Center, B521 Mitchell  
(925) 829-1912  
Hours of operation  
Sunday-Thursday 1100 - 2100  
Friday & Saturday 1100 - 2300**



# AUGUST 2012 Family and MWR RECREATION CENTER Calendar



## JUST A FEW OF THE THINGS WE OFFER!!

- Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Arcade with numerous games
- Ping Pong, Billiards
- Library Area, Piano
- Wii games
- NBL Televised Games
- Free Comedy Club Tickets

**Parks Family & MWR  
Recreation Center**  
Our friendly Staff:  
William Shinholster  
Audrey Millar  
Colleen Jozaitis  
Emily Cancino



**Like us on Facebook**

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Family And MWR  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WE have cable TV!!</b>	<b>Have a Friday night movie request?</b> <b>Come tell us</b>	<b>Get your Regal Cinema Discount Movie Tickets HERE!!!</b>	1 Tommy T's Comedy Club every Tues. & Wed. of this month	2 <b>Wii Challenge Night</b>	3 <b>MOVIE NIGHT</b>	16 <b>Looking to host a party? Rent our Sports Bar or patio area!</b>
5 Looking to store your RV, or Boat? Spots are available!! <b>Affordable prices Contact us!</b>	6 <b>Olympic Boxing and Baseball</b> 	7 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base	8 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base.	9 <b>Olympic Swimming</b> 	10 <b>MOVIE NIGHT</b>	11 <b>PPV Henderson Vs. Edgar Fight 1900</b>
12 <b>Olympic Canoe and Kayaking</b> 	13 <b>International Lefty Day</b> 	14 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base	15 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base	16 <b>Pool Tournament Night</b>	17 <b>MOVIE NIGHT</b>	18 <b>TEXAS HOLD'EM 1800</b> 
19 <b>Free Sport Equipment Rentals</b>	20 <b>\$5.00 Bike Rentals 7 days a week!</b>	21 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base	22 Free Tickets to Tommy T's Comedy Club every Tues. & Wed. of this month Just Minutes away from Base	23 <b>Horseshoe Tournament</b> 	24 <b>Join us For BBQ Free Food and Drinks</b>	25 <b>Outdoor Movie Night</b>
26 <b>WE Have Wii Yes We Do!!!</b>	27 Looking for a place to host a party? Unit function? <b>Use our facility! Ask us about rates.</b>	28 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	29 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	30 <b>Come to Karaoke Night</b>	31 <b>MOVIE NIGHT</b>	<b>Free WI FI</b> 





# PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar AUGUST 2012

## HOURS OF OPERATION MONDAY-THURSDAY

0500-2000

FRIDAY  
0500-1800

SATURDAY/SUNDAY  
0530-1400

### \*\*\*NEW FY2010 EQUIPMENT\*\*\*

- 20 SPIN BIKES
- 2 New Rowers
- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumbbells
- Boxing bag & gloves

### FITNESS STAFF

KEVIN McKENNA  
Manager  
LORRAINE THORSON  
Assistant Manager  
STEPHANO MARTINEZ  
Rec. Aid  
CHRISTOPHER PAHIA  
Rec. Aid  
DAVID HILLYARD  
Rec. Aid

	Mon	Tue	Wed	Thu	Fri	Sat
	ATTEND YOGA ON 8/14 TUESDAYS (nightly fee)		1 <u>INSTRUCTOR</u> Spin Class 1700-1800	2 SPIN @1130 <u>Martial Arts Class</u> TH 1800-2000 (Monthly fee)	3 Free Blood Pressure & Body Fat Assessment	4 SPIN CLASS!!! 0830-0930
5 Open 0530-1400	6 <u>INSTRUCTOR</u> Spin Class 1700-1800	7 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	8 <u>INSTRUCTOR</u> Spin Class 1700-1800	9 SPIN @1130 <u>Martial Arts Class</u> TH 1800-2000 (Monthly fee)	10 Free Blood Pressure & Body Fat Assessment	11 SPIN CLASS!!! 0830-0930
12 Open 0530-1400	13 <u>INSTRUCTOR</u> Spin Class 1700-1800	14 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130  YOGA 1700-1800 (nightly fee)	15 <u>INSTRUCTOR</u> Spin Class 1700-1800	16 SPIN @1130 <u>Martial Arts Class</u> TH 1800-2000 (Monthly fee)	17 Free Blood Pressure & Body Fat Assessment	18 SPIN CLASS!!! 0830-0930
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26 Open 0530-1400	27 <u>INSTRUCTOR</u> Spin Class 1700-1800	28 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130 YOGA 1700-1800 (nightly fee)	29 <u>INSTRUCTOR</u> Spin Class 1700-1800	30 SPIN @1130 <u>Martial Arts Class</u> TH 1800-2000 (Monthly fee)		



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Parks Reserve Forces Training Area  
Family And MWR

[www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR](http://www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR)





# Dublin Library Comes to PRFTA



To promote Summer Reading for All Ages!

Join us at 1000  
at the MWR Recreation Center

2 July  
16 July  
6 August  
20 August

Please RSVP to CYSS: (925) 875-4388







# **Family & MWR RV & Boat Storage**

- Affordable Rates**
- 24/7 Access**
- Secured Lot**

**FOR RENTAL INFORMATION, CALL THE  
REC CENTER AT (925) 829-1912**





Family & MWR Fitness Center  
**Spin Classes**



Join Us  
Plenty of Bikes for Everyone!

**Spin Class Schedule**

Mon & Wed: 5:00 pm

Thursday: 11:30 am

Saturday: 8:30 am

For more information or questions contact [Lorraine.Thorson@us.army.mil](mailto:Lorraine.Thorson@us.army.mil)  
Or 925.875.4392

